

Subject: Re: THOUGHT FOR THE DAY

From: Donald Duckworth <duckworth.donald@gmail.com>

Date: 04/20/2011 10:37 AM

To: mark grant <mark.grant@lacity.org>

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I feel so much better now. Thanks Mark.

On Wed, Apr 20, 2011 at 9:34 AM, mark grant <mark.grant@lacity.org> wrote:

The world ain't all sunshine and rainbows. It's a mean and very nasty place, and will beat you to your knees and keep you there, permanently, if you let it. You, me, or nobody is ever going to hit as hard as life. But it ain't how hard you hit, it's how hard you can GET hit, and keep moving forward. It's how much you can take, and just keep moving forward. That's how winning is done, by taking the hits. If you know what you're worth, go out and get it, but you got to be willing to take the hits.

-Sylvester Stallone as "Rocky Balboa-